

STATE OF OKLAHOMA

1st Session of the 57th Legislature (2019)

SENATE
RESOLUTION 6

By: Standridge

AS INTRODUCED

A Resolution recognizing May as Self-Care Awareness Month; and directing distribution.

WHEREAS, the observance of Self-Care Awareness Month in May 2019 reminds citizens to pay attention to their health; and

WHEREAS, self-care is a lifelong daily habit of healthy lifestyle choices, self-care encompasses good hygiene practices, awareness of bodily changes, a healthy diet, regular exercise, symptom monitoring, and the prevention of infection and illness; and

WHEREAS, it requires knowing when it is appropriate to self-treat conditions and when to seek professional assistance from a healthcare practitioner; and

WHEREAS, today, consumers have unlimited access to their community pharmacists, America's most accessible healthcare providers, that guide, inform and educate consumers on a daily basis; and

1 WHEREAS, today, consumers have access to a wide range of over-
2 the-counter (OTC) medications, which may have been developed as such
3 or which may have previously required prescriptions; and

4 WHEREAS, the United States Food and Drug Administration permits
5 the sale of OTC medicine for the treatment of pain and minor health
6 conditions, including colds and allergies; and

7 WHEREAS, according to a Booz & Company study, every dollar spent
8 on OTC medicines saved the health care system as much as \$7,
9 resulting in \$102 billion in annual savings; and

10 WHEREAS, self-care can reduce unnecessary visits to health care
11 practitioners, saving consumers and government money while allowing
12 doctors and nurses to spend more time with patients who require
13 their expertise.

14 NOW, THEREFORE, BE IT RESOLVED BY THE SENATE OF THE 1ST SESSION
15 OF THE 57TH OKLAHOMA LEGISLATURE:

16 THAT the Oklahoma State Senate recognizes May as Self-Care
17 Awareness Month.

18 THAT a copy of this resolution be distributed to the Consumer
19 Healthcare Products Association (CHPA).

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